Timberwolves Chronicle

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Bushkill Outreach Program Extends a Helping Hand

Katie Sibilia-
Staff Writer News Section

The Bushkill Outreach Program is a community food pantry serving both Lehman Township in Pike County and Middle Smithfield Township in Monroe County. The program has been serving people in the community for approximately twenty-five years. It stared out as a community social center whose members began to help out a few local families in need around the holidays. Over the years the program has grown considerably, now it is a state registered food pantry serving food to approximately eight hundred people on a monthly basis. In the old Schoonover farmhouse on Community Drive in Bushkill which belongs to the National Park Service, the Outreach not only offers food, but basic clothing and furnishings at no cost to anyone in need. The donated furniture and clothing is available at low cost to the general public, which in turn generates the operating funds to cover the costs of maintaining the operation and buildings. The program has an eleven-member board of directors and is fully staffed by a rotating group of approximately forty volunteers from the community. Many of the volunteers are representatives of the three local churches: St. John's Catholic Church, Middle Smithfield Presbyterian Church, and the Bushkill Reformed Church. There is a group of about fifteen teens that help out in a variety of ways when scheduling allows, and have recently elected a junior board member to represent the group. As a member, I think it is a great oppurtunity to meet new people and share one's time and talents. The junior board member is the editor in chief of the school newspaper, Abby Devaney. The Bushkill Outreach receives food as direct donations from individuals and groups such as local Girl and Boy Scout troops, churches, and social clubs. The program is the recipient of several food purchasing grants as well as monetary donations from the community. Most of the money received is used to purchase food from the Second Harvest Food Bank in Allentown where pantries can purchase food for fourteen cents per pound. Some food is purchased locally when prices warrant. The Outreach also is the recipient of a monthly allocation of government commodity food from both Pike and Monroe counties. The program is fully dependent on donations which are then quality items to hand out. Many people have been more than generous with donations of items that they no longer need. People dropping off trash at the Outreach center has been an ongoing problem, but for the most part members are constantly amazed at the generosity of the local people and businesses who want to help. If anyone would like to contact the Outreach to volunteer or would like to apply for assistance, please feel free to call Kate Newman, the director of the Outreach Program, at 588-0660, Monday thru Friday 8am to 1pm. Also keep on the lookout for North High School Bushkill Outreach projects. All of the future programs will strive to help the community as much as the current programs have accomplished.

District 10 Band Festival a Huge Success

by Marliana Geffers-
Staff Writer News Section

The East Stroudsburg High School North auditorium was once again the home to yet another high quality musical performance. On January 10th through the 12th, East Stroudsburg North hosted the Pennsylvania Music Educators Association, PMEA, District 10 Band Festival. This festival brought 150 students from over 57 surrounding school districts to all come together and create outstanding music. Just like any sport, to make district band is the same honor and requires much work and raw talent.

As well as bringing young musicians the District 10 Band Festival also brought a professional conductor, Anthony Maiello, to lead the band. Mr. Maiello is a Professor of Music and Director of Instrumental Studies at George Mason University. He has also conducted musical activities for the Gold Medal Ceremonies of the 1980 Winter Olympics in Lake Placid, New York. During the performances both, Mr. Maiello and the band, brought every piece alive and performed each in a professional manner.

To host such a large festival is an honor for the East Stroudsburg School District as well as the East Stroudsburg North Band. Mr. Pawlikowski, who was the Host Director, had much planning and work to complete. Over 140 members of the District Band needed a home to sleep in for two nights as well as rides to the school for rehearsals. The North community definitely did an excellent job of hosting this festival. East Stroudsburg North had two of its own participate in the festival. Rachael DeRoche and Emily Davis both played in the District 10 Band. Hopefully ENS hospitality as well as the school's outstanding facilities made a lasting impression on PMEA so they might consider ENS as a host in the future.

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INQUIRING PHOTOS

What is your most memorable Valetine's Day?

What is your fantasy Valentine's day?

Corynn Boeninghaus (11)
"My boyfriend Ryan surprised me at my school with roses and asked me out."

Ms. Pat Mulroy (Administrator)
"To not come to work and have hot chocolate with somebody special."

Jackie Bigio (11)
"A hot new car. VROOM VROOM"

Kirsten Grodzki (11)
"I come home and my boyfriend, Kyle, is waiting for me with a dozen roses, chocolates, and balloons."

Jenna Clare (10)
"My most memorable Valentine's Day would be finding Bob Sagot at my door."

Korrinna Glanville (12)
"My most memorable valentine was when I starved the week by saving my lunch money to buy a present for a boy."

Phil VanCleaf (10)
"To have all the women in the school ask me to be their Valentine and give me Reeses Peanut Butter Hearts, if there is such a thing."

Fred Viegas (11)
"I would surprise my girlfriend with a dozen red roses on her bed and give her a diamond ring."

Some Tips for Staying Calm and Remaining Stress Free

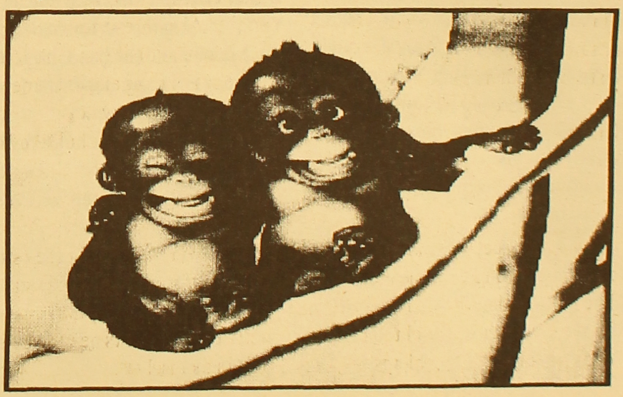
Jen Pearson-
Feature Section Editor

It's getting closer to graduation and for the seniors it is their last SATs, holding up GPAs, and college acceptances if they even apply. However, seniors are not the only people with a lot on their plate. The entire student body has things to worry about, everybody does. Some things are necessary evils, just like stress. Everyone has it but whether or not everyone can handle it is another story. People who are overly stressed can feel anxious or unhappy all the time; they worry a lot and can become easily discouraged. People who cry often, get angry frequently, and can be excessively violent at times are also victims. If one feels more than three out of these seven symptoms, they may have extreme stress levels.

Try to eat healthier, exercise more, and get plenty of sleep. When one's body is fully energized one tends to handle things a lot better. Also try to avoid things like nicotine and caffeine; products that contain them do not help; they make matters worse by raising blood pressure. The faster the heart goes, the more excitable and nervous the person becomes. It even increases the chance of a heart attack.

If one follows all of the above and still gets stressed out, do not worry there is still hope. Try and think positively. Ask ones self, "Will it really matter five years from now?" If not, then it is not the end of the world. Listen to music or read a book; even watching a movie can relax you. More physical people may want to go for a walk or run or even meditate and stretch. Talk to someone about it. Write it all down and rip it up. It will feel like throwing problems away. Even taking a bubble bath or lighting some scented candles would help. Scents like lavender and eucalyptus work best to create a calm and tranquil mood. Just laughing or even cracking a smile can clear your head so you can think more clearly. The Internet has some great jokes and pictures that will bring a smile to your face.

No matter what method one choose, one will be calmer and more together in the long run. Try not to let everything get out of hand and things will turn out all right. Stress is a part of life and learning how to manage it early on can help one lead a happier life.



Do not worry. Be happy like these carefree monkeys. Just swing through stress.

America: Ready for Anything and Anyone

by Dashira Harris-
Staff Writer Opinion Section

Between gang and crime wars, drugs, violence and the arising of terrorist acts, one can only wonder, is this country on the brink of destruction? Many would beg to differ saying that now America is stronger than ever, banding together and joining as one. Americans now have a stronger sense of unity. Still, yet to counter this is the idea that "Yeah right, where's the unity? That only lasted a month. People are back to their old selves, not caring about others and being selfish." Of course when the tragedy first happened, everyone was very patriotic. Sales of American flags skyrocketed and the posters and signs declaring "Proud to be American," "God Bless America," "United We Stand," and even bumper stickers with the statement "Bin Laden Stinks" were endless. Many rushed to churches, vigils, and services. Others helped with the cause, collecting or distributing money for charities. Others are still in shock of the aftermath.

Bin Laden certainly put a scare in this country, but many would sooner forget the tragedy than remember it in order to have closure. In a situation like this, what is the best way to handle it? After the first few days, students were saying "Why do they keep showing it on TV? I don't want to see it anymore. I don't even want to think about it." Many students in ENS had relatives that perished, had dangerously close calls or knew people that were involved.

Personally, I was eating my birthday cake while watching the tape of the Twin Towers collapsing. Staring in disbelief at the images that were flashing across the TV screen with the ice cream cake dripping off my spoon, it seemed to be something that was supposed to be written in a book, or drawn as a picture with a deep symbolic meaning, not happening in my own living room. But, yes it was all real. Either way, the nation is in this together. In a tragedy, many forget about it once a certain amount of time has passed, but something this monumental should be stored in everyone's minds as a reminder to take life one day at a time, while never, ever taking anything for granted. It is a misfortune that it should take a tragedy for humans to realize these things. So the tragedy should not have happened in vain.

Remember each day to count one's blessings and to brighten some else's day. One word of praise, admiration, or appreciation can really make a difference not only in someone else's day, but in one's day as well. With this in mind, America will definitely prove resilient and ready to stand against any more terroristic acts.

EXTRA! EXTRA! EXTRA!

Well it's that time of year again .... where "love is in the air." And what is a better way to celebrate than a night of dancing and romancing with your sweetheart? Well SGA is giving you and your friends that opportunity by *hosting a semi-formal dance from 7-10:30 p.m. on February 14, 2002 in the high school* cafeteria. There will be a DJ and refreshments; the cost will be $5 dollars a person and $8 dollars for a couple, and the dress is semi-formal. This will be a great time for all. So grab your honey, ask your crush, or just get a group of friends and come to the first ever ENS Valentine's Day dance. You don't want to miss out on the fun!

Conforming Is Not the Answer to a Problem

by Andrew Juell-
Staff Writer Opinion Section

Presently in many high school society's there is an underlying issue that needs to be addressed. In the high school world of today it seems to be popular among friends to drink or consume alcohol for the purpose of seeming cool to other students. This kind of behavior is not only unsafe but is also a sign of conformity instead of individuality.

There are numerous problems with drinking. First and foremost is the lack of true individuality one really expresses. When the population at any school is confronted with alcohol, the easiest thing to do is go along with the crowd. The hardest thing to do is to stand up for what you know is right. Drinking leads to numerous problems such as violence, and other unsafe activities including driving while intoxicated. By standing up to other students and not conforming only then strength is shown. It is easy to be the one who tries and pressures a friend or makes another feel uncomfortable for not drinking. These people are just scared individuals with no backbone to stand up to the crowd. Two seniors were asked about drinking in any high school Abby Devaney & Sarah Wallace and their response to this issue was strong and extremely clear, "People should, by now, know the inherent risks of alcohol. We are hurt to see people doing this. Although our school does not have a large problem like other schools it still exists and is a factor in our lives." But they stress the point that students need to stand up and not be pressured into unsafe activities. Students need to be strong within themselves.

It is not safe to drink for any reason and as the next generation we should try to break free of the chains that hold us down. We should not be like older generations of friends and family before us who have suffered with addiction and the loss of a loved one to alcohol related problems. Believe it or not, even though one may think they are at the top with what they and their friends do, they are still hurting themself and the ones that love them.

If someone has a friend who they think may have a problem, do the right thing by trying to find him or her help with a counselor. Their life could be saved. The best thing to do is not conform. Keep individuality and refuse to give in to the pressures presented when offered a drink.

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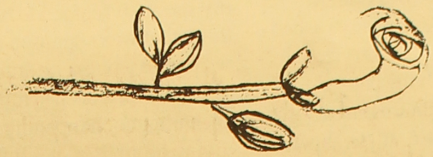
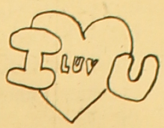
Valentine Wishes





Terry and Terrence: We been through think -N- thin, ya'll will always be close to my heart even through our problems. Happy Valentine's Day! -Quatima

Stephanie, Jen and Lorna: Good luck in the future. I'll miss you all. Stay in touch. Love ya. -Judy

Suzanne Devaney: Sue, I love you! You are the best sister anyone could ask for. I'm so happy that you're always there for me. And always know that I got your back too. MUAH! Be my Valentine! Abby

Abbz, Jackie, Annie, Miro,

Sue, Sara, Beth and the rest of the gang: I love you guys! Love, Virginia

Raymond G: You're the best brother anyone could ask for. Love ya! Virginia

Steena: I love you, regardless of anything that happens. I'll always be here! Boys smell! Love, Virginia

Meaghan C: Even though I'm not the man of your dreams, will you be my Valentine? Love, Meg L

Jordan: The cutest, sweetest, funniest, and most adorable buddy ever!

Happy Valentine's Day! XOXO! Love, Anne Marie

Laura: Have a great V-Day! Love always, Lauren

Jessica: I am so happy to be spending another Valentines Day with you. You are so sweet and I love you so much!

To the best people in the world: Johanna, Julia, Jennifer, Quatima "Pickle" and Dez. Happy Valentine's Day! I love you guys! -LeQuene

Latoya: I love you so much and no matter what happens I will always love you. Love, Everett

To my little freakin sis, love ya, and to my cuz Lequene. And I love you too Julie. Love, Jon

Happy Valentines Day to my kids Stephanie and Steven. Luv, DG

Thanks to all FBLA members for their hard work with the fundraiser and the Regional competition. -Ms. Beitmann and Mr. Kish

Linda, Nikki, Miss Meliss and Sheri: Hey girls.

I love you all. We best friends for a while now. LYLAS. -DJ

Valentine Wishes

To all of my students in Study Hall Room 100: Thanks for making my job enjoyable. You're great kids. Happy Valentine's Day!
-Mrs. Durant

Pour tous mes eleves de Francais I et Francais II: Happy Valentines Day, Joyeuesue Saint Valentin!
-Mme Lagace

To all my seniors- Good luck in your future endeavors. From Mr. Milsovic

Happy Valentine's Day Carl! I just wanted to say have a great day and thanks for everything. I love you.
Love, Katie

Happy Valentine's Day to all the students who Mr. Frable embarrases for showing affection outside of his room and all of his students.

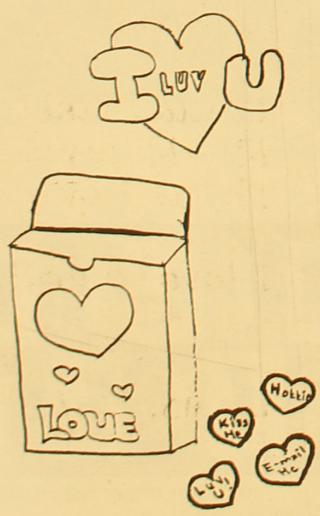
A mes eleves de Francais III: Je vous souhaite une joyeuse Saint-Valentin et je vous aime tous beaucoup.
-Mme Lagace

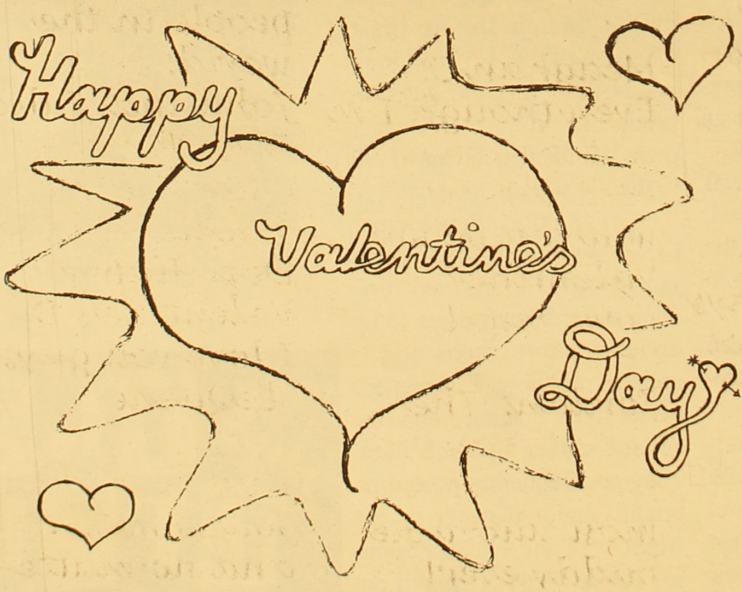
Happy Valentine's Day to my lovely coworkers in the guidance office.
Love, Debbie

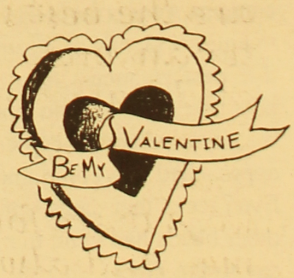
Nicole and Danielle: You are always my favorite Valentines.
Love, D. Gioia

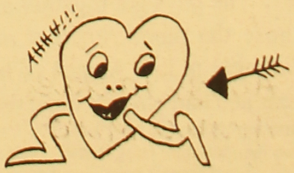
A Suzanne, Elise, Marie, Marguerite, Shari, Richard et Jean: Vous etes fantastiques, vous etes formidables! Je vous aime beaucoup.
-Mme Lagace

To all of my students: I hope you have a wonderful V-day and that all of your wishes come true.
-Ms. Kropcho









Straight and Up-right Rock

by Jen Pearson
Section Editor Feature

A popular question echoing through the halls on February first was, "Are you going tonight?" ENS students piled in by the carload Friday night and headed for Bangor. Just about everyone who knew the band paid the $7 fee to get in to show his or her support. The VFW center quickly transformed into the Underworld as *Straight and Up-right* fans swarmed in. Names and email addresses rapidly filled the mailing list as t-shirts and stickers were bought left and right. Eric DeCoske, Greg Baldwin, Nick Haury, and Jesse Krinsky set up their instruments on the stage and warmed up as their "groupies" got situated. At 6:30pm the lights went down and the music started. Video cameras were arranged so as to not miss a second of the incredible performance. Almost an hour later the next band replaced the guys, but each member was approached and congratulated. Even teens that came with the other bands had good things to say to the boys.

These guys can be seen in passing in the hallway everyday and most people never knew they possessed this talent. The guys got together and chose the name *Straight and Up-right* in late August of last year and had already done their first performance as an official band barely two months later. Greg is lead vocals and bass while Eric playsbass and rhythm guitar. He occasionally does vocals for some of the songs. Nick is the lead guitarist and Jesse plays the drums. The set that they played at the Underworld Friday night consisted of all original songs, with the exception of a revamped version of "YMCA," that had the crowd dancing and singing along. Eric wrote some of the songs including "The Prom Song" and "Bother," while Nick wrote "Russian Bear". Personally, they classify what they play as "fast music." It ranges from anything from punk to rockabilly, metal to ska with a little emo, so they definitely do not fit into one specific genre.

The guys also performed on February 10th at the Underground Playground. For those of who missed both and regret it, there are other performances coming up. March 3rd at the Underground Playground is the next show. Another upcoming date is March 16th at Toast. There will be several local bands there and the guys are producing it completely on their own, yet another talent to add to the the already long list.

For more information go to www.geocities.com/tramlaw4u. The site has everything from concert dates to individual photographs and is updated routinely. Keep an eye out for flyers floating around the school closer to each date. They are frequently posted on brightly colored paper on the window of the Honors Seminar Room (206) or passed out by band members in the halls. They're having too much fun to stop now so be ready for more performances.

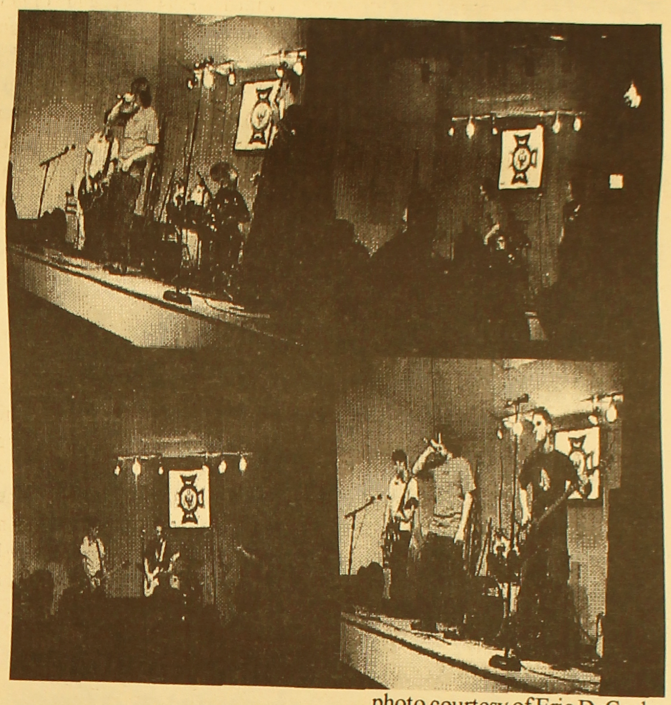


photo courtesy of Eric DeCoske
The guys gave it their all at the Underworld.

Jesse unwinds on a trampoline. photo courtesy of Eric DeCoske

courtesy of their official website
The official Straight and Up-right logo. The guys sold t-shirts and stickers with this graphic. Their handiwork could be seen all through the halls that very Monday.

MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS MOVIE REVIEWS

Shallow Hal: Not a Must See on Video

by Ray Garcia-
Staff Writer Review

There are movies that you remember for a life time, and there are movies that you forget in a month. *Shallow Hal* is not a movie that you will remember for more then a month. It is under the comedy category, but there were very few laughs. *Shallow Hal* is about a guy named Hal, as you can tell he is shallow and only tries to get with girls who look good on the outside, but he neglects the inner beauty. One day at his job, he meets a famous TV healer and he tells him that he has been having problems with girls. Just like in the commercials, he is put under a spell where he can only see the inner beauty. He meets this girl named Rose Mary, who, in his eyes, is a total knock out. She helps with the peace corp, and volunteers at the local hospital. After getting to know her better, he finds out that it is his boss' daughter. They go on playful dates and have some fun, but Hal seems to be a totally different person to his best friend. He wants to have the old Hal back, so he tracks the healer down and asks for what can cure Hal. During a date that Hal and Rose Mary have, Hal's friend removes the spell. He then avoids Rose Mary, and her father figures out that he has only been doing it to get ahead. Later on, Hal figures out that Rose Mary is beautiful even without the spell, and they get together and go off to the peace corp. Sadly, I would not recommend this movie. There are many more worth your time. There was only a slight bit of comedy, but not enough to take an hour and a half of your time.

Black Hawk Down: A Must See Anytime

by Ray Garcia-
Staff Writer Review

Black Hawk Down, out in theaters now, but you will get the review here first. The movie was a little over two hours long, but was well worth it. *Black Hawk Down* is filled with action and suspense. It is a war movie, and there are numerous depressing scenes. During the time period of Black Hawk Down, a Somalian militia slaughtered 24 Pakistani soldiers and was targeting US personnel. The United States Elite Forces, i.e. Delta Force, Army Rangers and the 106th SOA, went to Mogadishu to remove the militia's general, Aidid. The plan they came up with went completely wrong because the militia was warned ahead of time that the US forces were attacking. The US forces were greatly outnumbered by the militia. During the operation, two US helicopters were shot down. The helicopters were Black Hawks. With the US force's policy of no one gets left behind, the military operation went from a span of 30 minutes to over twelve hours. There were many skirmishes around the entire city; it was very dangerous, and it was a war-zone. *Black Hawk Down* is a good investment of your money and time. You will not be disappointed if you like action packed movies. Before it leaves the theaters, I suggest you go out and grab a ticket and watch this movie. It's well worth the price.

Student Spotlight: Marlaina Geffers

by Nicole Gioia-
Staff Writer Feature

Roaming through the halls of our high school glows Miss Monroe County. She is extremely modest so not many know of her major accomplishments. This senior is better known as the Drum Major of the marching band, the vice president of the Leo Club, a member of the National Honor Society, a model, an Irish step dancer, a newspaper member, and a varsity tennis player that went to districts twice among other things. With all of that she still finds time to be on the scholastic scrimmage team and make high honors every quarter. She is Marlaina Geffers.

Marlaina has competed in Irish step dancing for seven years at local, state, and regional levels. She has also performed at resorts, cultural and community centers, schools and nursing homes. Under contract at ProScout Modeling Agency she has been the spokesperson for Dryelle, appeared in mall fashion shows, participated in Perfect Bride's fashion shows for the last two years and appeared on a television show for Perfect Bride.

Academically, Geffers is on the high honor roll, National Honor Society, and top ten percent of the senior class. Marlaina is always involved in school. Before the split into two campuses, Marlaina worked with Abby Devaney and Nicole Gioia representing the voice of the students. Marlaina was one of the leaders who challenged the East Stroudsburg school board to change the name of the new campus from the unidentified purple and white Musketeers to the unified blue, black, and silver Timberwolves. She rates this as one of her highest achievements. Geffers has waded in virtually every scholastic and intramural activity and, as an end result; she has become an incredibly well rounded individual. In the future she plans to obtain a bachelor's degree and major in American studies and communications and broadcasting. Marlaina is a phenomenal student, athlete, and model. The area she is most successful in is being a friend that will stand beside you through thick and thin.

photo courtesy of M. Geffers

Marlaina Geffers poses for a recent modeling shoot. She has already got what it takes to make it big.

Rifle Performing Well in 2002

by Josh Elder
Staff Writer Sports Section

The Rifle Team is off to a great start this year. With Kayla Goble, Jason Medrano, and Jared Murphy leading the team to victory, they have achieved an impressive record of 4-1. But even though they have performed impressively in their first five matches, the season is far from over. The team still faces twelve more opponents and competition will run till the end of February. But, if the team wins their remaining matches they should qualify for districts. This will be tough however, considering they will have to once again face off against East Stroudsburg South (a team which afforded them their only loss this year), and this match will be significant in whether they do in fact make it to the districts level competition. What is significant is that members of the team are confident that they will have another great year. Jason Medrano, one of the top shooters on the team commented, "If our team shot to its potential, we could go all the way." With this type confidence and a great coaching staff, the entire team is extremely positive that they will go to great heights this year. Another team member Kevin Troost, a junior, had this to say about the team's outlook next season, "One thing is for certain, with their talent and a little luck they will be on their way to districts. The team is looking forward to next year's season and beyond."

Girls Basketball

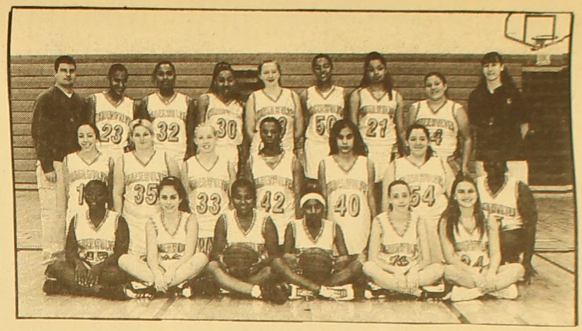


photo courtesy of yearbook

Top Left: Coach Mitchell, Ayana Arnfield, Courtney Camacho, Kwanesha Davis, Stephanie Davidson, Ashley Webster, Miashia Knight, Luisa Rivera, Anne Marie Aponte, Lindsay Mesmer, Kristin Gonczi, Winnie Pruitt, Kristy Vasquez, Selena Beltram, Desrine Prayer, Luisa Sopo, Skylah Mitchell, Monique Francis, Sonya Felmly, Jessica Paolino, Sierra Harvey. The girls have played their hardest and are looking forward to next year.

Boys Basketball Works Hard

by Jen Pearson-
Feature Section Editor

So far our Varsity basketball team has been doing great! With an eleven and nine record, they are playing hard and making T-wolf fans proud. Working under the pressure of beating last year's second place record has given the guys the push they need to take care of things. The tournament at Delaware Valley High School on December 27th is what pushed them over the top to first place. Acting more as a team than ever has added hype to the guys' efforts. Junior Harzang Alston said, "I think we played hard, stepped up as a team, and realized what we had to accomplish."

Even though all of the guys played hard, Everett Allers was dubbed MVP. Terrence Bomar, a senior, said, "I feel Ktrice McNeil had improved since we've played in 10th grade. He played like a leader and lead us to a victory." Ktrice's Banger Dunk added to the team effort to win the game. The boys continually work to try and improve their record.

The player's look forward to the remaining time in this season and beyond to next year.

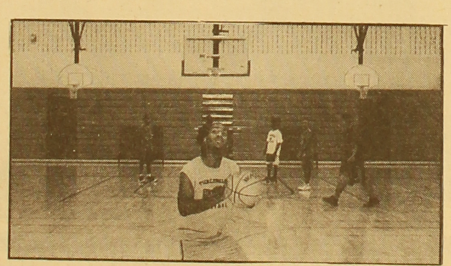


photo by newspaper staff

The basketball teams continually works hard at practive to improve their techniques. Recently, Steve Alers practices making foul shots during a routine practice.

Swim Team's Effort Pays Off

by Jennifer Pearson-
Feature Section Editor

For the second year in a row we have a very small group of people on the swim team. Just like every other Timberwolve sports lineup, this group of students is giving it their all to overcome any obstacle that may arise. With districts just around the corner (February 23rd) every individual is giving 110% to their efforts. Many of the swimmers who are going to districts are still to be announced. For senior team members Ryan McLaughlin and Carl Pellington, the meet on February 12th at Delaware Valley may be their last, not only of the season, but also of their high school career.

Senior Josh Elder and freshman Marquis Wright have a chance to do well at districts and possibly go to states. Though there aren't many team wins, the individual wins record is phenomenal. "Swimming isn't just about winning, its about being part of a team and working together to accomplish great things," Josh commented when asked about his accomplishments. Carl has enjoyed being a part of the team for the two short years he had at ENS. "There have been many individual as well as team accomplishments." Coach Dina Maylor and Assistant Coach Jennifer Hyde must be very proud of their group. Carl is one of the team captains as well as Ashley Nagele. Best of luck to you guys in districts; you deserve it!

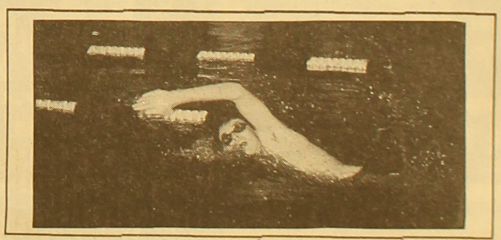


photo courtesy of yearbook

Josh Elder swims to victory at a meet.